

Beyond Bingo for Boomers: An Overview of the Lifelong Access Libraries Model

Sabrina Waldron
Program Manager
Libraries for the Future



Are We Ready?

“It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to Change.”

Charles Darwin

What is Lifelong Access Libraries?

- ▶ A national initiative to support development of libraries as centers for productive aging, lifelong learning and civic engagement



Lifelong Access – Shifts the Paradigm

- ▶ Provides a framework for library services to promote and support productive aging
- ▶ Helps libraries focus on adults ages 50-70+—the baby boomers—who are active and eager to be engaged

Lifelong Access Libraries

- ▶ Integrate new communications and information technologies to promote productive aging
- ▶ Create programs and services that are accessible, culturally sensitive and connected to the larger community

Lifelong Access – Strategies for Change



- ▶ Leadership development
- ▶ Training
- ▶ Institute for fellows
- ▶ Best practices dissemination

Statistics

- ▶ Trained 43 librarians from 23 states as “Fellows”
- ▶ Trained librarians from Arizona, Pennsylvania, New York, Massachusetts, and Connecticut through Equal Access
- ▶ Many more through conferences and library programs



Lifelong Access Libraries Institute

Mid-career librarians from across the country selected to participated in a week-long Lifelong Access Libraries Institute.

Applications for 2008
available in the spring
www.lifelonglibraries.org



Lifelong Access Libraries Institute

► Focuses on:

- ◆ Concepts and research underlying new approaches to working with midlife and older adults
- ◆ Access Skills
- ◆ Promising practices in library services
- ◆ Leadership in community librarianship.



Equal Access Libraries Institute



- ◆ 3 strands – Health, Youth, Lifelong
- ◆ Access Skills
- ◆ “Homework”
- ◆ Latest trends and Local practitioners

Lifelong Access Core Components



- ▶ Community conversations
- ▶ Advisory council
- ▶ Workshops and clubs
- ▶ Collection development
- ▶ Connections to Civic Involvement
- ▶ Physical and Virtual Space

Potential Components

- ▶ Health and wellness information and programming
- ▶ Life planning
- ▶ Financial planning
- ▶ Intergenerational activities
- ▶ Spiritual development



Changing Library Landscape

- ▶ Partnerships with State Libraries
 - ▶ California, Massachusetts, North Carolina
 - ▶ Part of the state's strategic objectives
- ▶ Work with library schools in New York and North Carolina
- ▶ State and National Library Conferences
- ▶ Visits and inquiries from Poland, Ireland, and Australia

Lifelong Access Models

- ▶ Delaware County Library Association's Senior Conversation Salons
 - ▶ In 2004, awarded Pennsylvania AARP's Library Services for Older Adults Award
 - ▶ Dynamic speakers from Retired and Senior Volunteer Program (RSVP) speaker facilitates stimulating discussions about an interesting topic.

Lifelong Access Models

- ▶ Dedicated space for older adults at Tempe Public Library (AZ)

Tempe Connections Cafe



Lifelong Access Models

- ▶ Targeted programs for baby boomers at Chelmsford Public Library (MA)
- ▶ Library invites nontraditional older students to participate in thought-provoking meetings where they can help determine the nature of future programs

Lifelong Access Models



The Chandler Public Library (AZ) lead partner in Boomerang, a community project designed to help boomers and “beyonders”

www.myboomerang.org

Lifelong Access Models

Middle Country Public Library – Long Island, NY

- 2006 Fellow, Lori Abbetapaolo
- Grand PAACT
- New Boomers Series

SAVE THE DATES!

FRIDAY, OCTOBER 12, 2007

CREATING WELLNESS: CHOOSING A
★ HEALTHY LIFESTYLE

FRIDAY, NOVEMBER 16, 2007

HOUSING: POSITIVE OPTIONS FOR
★ LONG ISLAND BOOMERS & SENIORS

FRIDAY, APRIL 18, 2008

★ PLACES TO GO & THINGS TO DO!

FRIDAY, MAY 23, 2008

★ GOVERNMENT SERVICES

Funded in part by
NYS Assemblywoman Ginny Fields
5th Assembly District
&
Friends of MCPL

SEMINARS ARE FREE AND OPEN TO THE PUBLIC.

PLEASE LET US KNOW IN ADVANCE IF YOU REQUIRE SPECIAL
ACCOMMODATIONS DUE TO A DISABILITY.

MIDDLE COUNTRY PUBLIC LIBRARY
101 EASTWOOD BLVD., CENTEREACH NY
631-585-9393
WWW.MCPL.LIB.NY.US



CALLING ALL BOOMERS & SENIORS

A Free Seminar Series

at
MIDDLE COUNTRY PUBLIC LIBRARY

MAKE YOUR
SECOND FIFTY YEARS
YOUR BEST FIFTY YEARS!

★BE SMART ★BE INFORMED ★BE AWARE

★ **CREATING WELLNESS:**
CHOOSING A HEALTHY
LIFESTYLE

Friday, October 12, 2007
9:30 AM - Noon

MODERATED BY
VIRGINIA CRAVOTTA
News 12 Long Island

PANELISTS

How to Talk to Your Doctor

Hector Sepulveda, MD, MA, MPH, Campus
Associate Dean for Academic Affairs, Suffolk
Community College & Clinical Assistant Professor,
Department of Preventive Medicine Residency
Program, Stony Brook School of Medicine

Body in Balance

Dr. Bill Schweigert
New York Wellness Coach

Simple Happiness

Jim Ryan, Motivational Speaker & Author
Jim Ryan Talks

Hypnosis & Stress

Ken Friberg, CHt, PSC
Certified Hypnotherapist & Stress Counselor
Right Mind Consulting

★ **HOUSING:**
POSITIVE OPTIONS FOR LONG ISLAND
BOOMERS & SENIORS

Friday, November 16, 2007
9:30 AM - Noon

MODERATED BY
DONNA BONACCI
Town of Brookhaven Senior Citizen's Division

PANELISTS

HomeShare Long Island

Karen Gill, Program Director

Reverse Mortgages

Diane Patrizio, Program Coordinator
Long Island Housing Services

The Upside of Downsizing

Lorraine Kimmey
Simply Organized Solutions

To Move or Not to Move?

Lisa Albinowski, Senior Real Estate Specialist

**Transitioning from Independent Living
to Long Term Care**

Karen Brannen, Executive Director
Jefferson's Ferry Lifecare Retirement Community

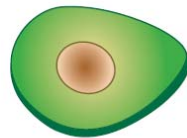
Light Refreshments ★ Pre-registration required for each seminar ★ Call 631-585-9393 x248

Lifelong Access Models

Alameda County Library, CA

- 2006 Fellow, Richard Bray
- Health, Nutrition, and Safety

Lifelong Access Models



Nutrition for Older Adults

- *Diet recommendations keep changing—what am I supposed to eat?*
- *Should I take supplements?*
- *Do I need special foods because I am taking medications?*
- *How much & what kinds of physical activities are recommended?*

Remaining healthy as we age is of primary importance. The role of nutrition in the health of older adults cannot be overstated! Older adults have specific nutritional needs based on their age and physiology. Exciting research is suggesting that seniors eat specific foods to support health promotion.

Speaker: Mary Louise Zernicke, MS MPHRD
Registered Dietician
Board Certified Specialist in Gerontological Nutrition
Past Senior Nutritionist for Alameda County Adult & Aging Services

DUBLIN LIBRARY – Tuesday, April 17
 200 Civic Plaza 925-828-1315

SAN LORENZO LIBRARY – Tuesday, April 24
 395 Paseo Grande 510-670-6283

CASTRO VALLEY LIBRARY – Thursday, May 17
 20055 Redwood Rd. 510-670-6280

NEWARK LIBRARY – Tuesday, May 22
 6300 Civic Terrace Ave. 510-795-2627

ALBANY LIBRARY – Thursday, June 7
 1247 Marin Ave. 510-526-3720

UNION CITY LIBRARY – Wednesday, June 13
 34007 Alvarado-Niles Rd. 510-745-1464

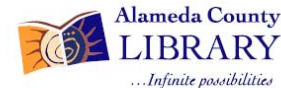
FREMONT MAIN LIBRARY – Wednesday, June 20
 2400 Stevenson Blvd. 510-745-1401

All locations are wheelchair accessible and refreshments are provided. An ASL interpreter will be provided for this program if requested at least 7 working days in advance.
 TTY 888-663-0660 For more information,
 Call Library Senior Services at 510-745-1499 or 510-745-1491.
 3/07

FREE



**All programs
start at 1:30 p.m.**



www.aclibrary.org



Lifelong Access Models

Older Driver Safety: Become More Informed and Active



- Learn more about what you can do to maintain your driving skills
- Participate in an open discussion about the issue of mobility as we age
- Obtain information about local driving and mobility resources

This program is for older adults, family members of older adults, and professionals working directly with older adults

Speaker: Colleen Campbell

Alameda County Public Health Dept. Senior Injury Prevention Project and a Trained Expert from the *American Society on Aging's DriveWell Project*

Dublin Library—Thursday, Oct. 5
200 Civic Plaza 925-828-1315

San Lorenzo Library—Wednesday Oct. 25
395 Paseo Grande 510-670-6283

Albany Library—Thursday, Nov. 2
1247 Marin Ave. 510-526-3720

Union City Library—Wednesday, Nov. 8
34007 Alvarado-Niles Rd. 510-745-1464

Castro Valley Library—Thursday, Nov. 16
20055 Redwood Rd. 510-670-6280

Newark Library—Tuesday, Nov. 21
6300 Civic Terrace Ave. 510-795-2627

Fremont Main Library—Wednesday, Dec. 13
2400 Stevenson Blvd. 510-745-1401

**Program starts
at 1:30 p.m.**

FREE

**No Reservations
Required**

**Refreshments
provided**



For more information, call Senior Services
at 510-745-1499 or 510-745-1491

For sign language interpreters or other
accommodations, please call the branch at least
7 working days prior to the event.

Co-sponsored by Alameda County Library Older Adult Services
& the Alameda County Public Health Department to promote
community conversations for driver safety



**Alameda County
LIBRARY**

...Infinite possibilities

www.aclibrary.org



Libraries for the Future

Lifelong Access Models

Louisville Free Public Library, KY

- 2006 Fellow, Susan Irving
- Community Conversations, Brain Health



Lifelong Access Models

The Changes We've Seen.....



Want To Talk About It ?

Join our 3rd Wednesday Forums
For and About Baby Boomers
Topics will include

- Re-careering
- Creative Expression
- Volunteerism
- Staying connected
- Eldercare
- Long-term Insurance
- Money Management
- Relationships
- Health and Wellness
- Housing options
- And MORE

Reality Data
The Figures, Facts, and Challenges
Ahead of Baby Boomers

Wednesday, Dec. 20th
2:00 p.m.

Presented by Dr. Ron Crouch
of the KY State Data Center

St. Matthews
Eline Library

3940 Grandview Ave. 574-1771



Lifelong Access Models


ST. MATTHEWS ELINE LIBRARY

Puzzle Play

4th Wednesdays
at 11:00 a.m.

January 24th
February 28th
March 28th
April 25th
May 23rd
June 27th
July 25th
August 22nd
September 26th
October 24th
November 28th
December 26th

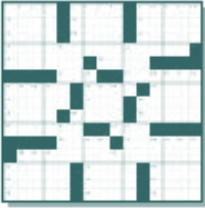
Crosswords
Seek & Finds
Sudoku
Cryptics
Anagrams
Word Morphs
Bogglers
Jumbles
Snacks




ST. MATTHEWS
ELINE LIBRARY

3940 Grandview Ave.
At the corner of Fairfax

574-1771
Free Handouts



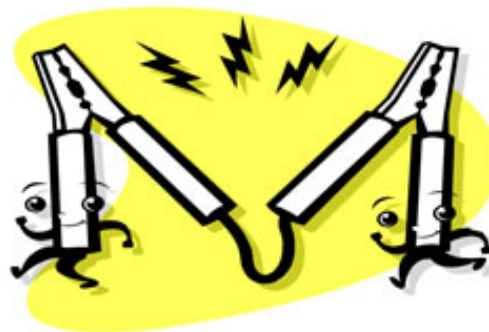
Bring a Friend
Brain Up
Break Bread



Lifelong Access Models

- ▶ Reading Public Library, MA
- ▶ 2006 Equal Access Librarians and 2007 Lifelong Access Fellows, Elizabeth Dickinson & Nancy Aberman

LiveWires:



Boomers and Beyond

Lifelong Access Models

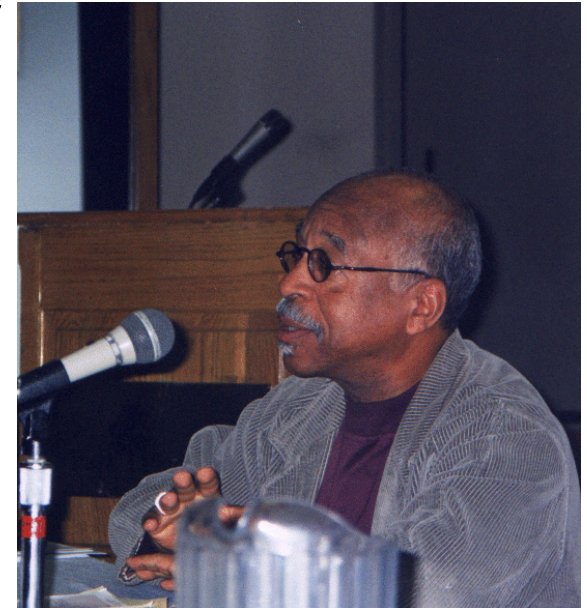
- 2006 Fellow, Cindy Karasinski
- Lyndonville, VT (population: 5,448)
- Cobleigh Public Library
- Dedicated space for “Lifelong Learning Center for Adult Education”
- Partnership with Lyndon State College

New Directions

- ▶ Active Wisdom Conversations
- ▶ Older adults come together to discuss aging, life experiences, and how they might use their experience and perspective to impact present and future conditions in society
- ▶ Advances individual and societal self-consciousness about the nature of aging

New Directions

- ▶ HEAL – Health and Employment Access Libraries
 - ▶ Connects educated older adults with stipend-paying jobs
 - ▶ Uses not just time but *lifetime skills* of older adults
 - ▶ Payment deepens commitment to work of both the older adults and the organization they serve



New Directions

- Lifelong Access Libraries Blog
www.lifelonglibraries.wordpress.org

The screenshot shows the homepage of the Lifelong Access Libraries Blog. The header features the blog title "Lifelong Access Libraries Blog" in a teal font on a light blue background. Below the header is a navigation bar with "HOME" and "ABOUT" links, and a search bar with a "Go!" button. The main content area displays a post titled "Program Ideas - Vital Aging Network" dated "October 31, 2007". The post includes a photo of two elderly people and text describing the Vital Aging Network (VAN) as a group based out of St. Paul, Minnesota, focused on promoting self-sufficiency and quality of life for older adults. To the right of the post are two sidebars: "Links" with links to "Act for Libraries", "Libraries for the Future", and the "Lifelong Access Libraries" logo; and "Subscribe" with an RSS feed link and an email subscription link. At the bottom right is a "Categories" sidebar with links to "Articles", "Institute", and "Lifelong Friends".

Lifelong Access Libraries Blog

HOME ABOUT Go!

Program Ideas - Vital Aging Network

October 31, 2007



The **Vital Aging Network (VAN)** is a group based out of St. Paul, Minnesota. The organization is described as “individuals who are sharing our strengths to promote and support the self-sufficiency, community participation, and quality of life of older adults.” VAN holds monthly forums on topics ranging from creativity to caregiving to the cultural wisdom of elders.

This organization’s forums provide a model of best practice programming for older adults, and can be a great source for program ideas in your library. Check out the “[Forum Summaries](#)” page for an overview of their most recent workshops. Are there similar interest groups in your community geared towards older adults with whom you have partnered or collaborating with in

Links

- Act for Libraries
- Libraries for the Future
- Lifelong Access** LIBRARIES

Subscribe

- Subscribe in an RSS reader
- Subscribe to the Lifelong Access Libraries Blog by Email

Categories

- Articles
- Institute
- Lifelong Friends

New Directions

- ▶ Age In America
 - ▶ IMLS Museum-Library Collaboration
 - ▶ Engage intergenerational audiences in exploring the experience of aging in America from historical, cultural, and artistic perspectives.
 - ▶ Long Island, NY; Norfolk, VA; and Hartford, CT

Lessons Learned

- ▶ Distinct job description within library services
- ▶ How and where these services are situated in the library
- ▶ Challenges for small libraries

The Challenge for libraries

- ▶ Change their service model
- ▶ Change their assumptions about older adults
- ▶ Make boomers one of the libraries' priority constituencies
- ▶ Consider boomers as a valued resource

Beyond Bingo for Boomers: Overview of the Lifelong Access Libraries Model